

Bless the Lord > Psalm 134:1-3

134:1-2 *Blessing the Lord.* Though we often think of being blessed by the Lord, it is entirely Biblical to think of how we are to bless Him: we worship Him. We worship the Lord by giving ourselves for His glory – by being willing to give of our efforts, our attention, our time, our money – all so that He would be honored by our own lives. We bless the Lord in how we worship, engaging not just our minds and voices, but even our bodies and how we go about our daily activities.

134:3 *Blessed by the Lord.* The remarkable truth of this psalm is that as we bless (by worshipping), we are – in turn – blessed by (loved and care for by) our God. The King and Creator of all things has promised good to us: since it is promised, it will come. The refrain all throughout the Scriptures is that God’s people will receive His blessing.

Background: This conclusion to the Psalms of Ascent ends on a note of praise and worship, calling on the Lord to do all that He has promised.

The Point: The One who blesses us is worthy of our worship.

Head: Know that how you worship matters, that Christians are called to give their entire life in worship of their King.

Heart: Believe that Jesus has given uncountable reasons for worship to everyone who calls on Him. Have you been rescued by Christ? Then respond in worship!

Hands: How can your actions bless the Lord this week?

Here is how I will apply these truths: _____
